

### Visitacion Valley Parents Walk for Their Children



Community members listened as one parent read a group statement calling for an end to neighborhood violence.

Dressed in black apparel, members of the Visitacion Valley neighborhood joined together on Dec. 26 for a midday march through the Sunnydale housing complex in an effort to get their community to stop the continual violence that has plagued the area in recent years.

Converging just outside the complex at Sunnydale Avenue and Hahn Street, the group — many of them parents of youth affected by violence — said they were claiming back the northeast corner in front of a market for the community because of the problems of substance abuse and violence having plagued the area.

"We love you! We care for you! We need you! You are our future!" shouted the group, as they stood on the corner and declared their intention to fight for the lives of their children.

At the beginning of the march, marchers got down on their knees and prayed for the children, exhorting all who passed to join them in their endeavor. Before long, most in the group were in tears, part of a thought-



Marchers were captured by a TV cameraman for that evening's news program.

provoking and moving demonstration of pain and love that local parents feel for their children.

Sponsoring organizations of the march included: VVJEL, AACVH, HRI and CLAR, neighborhood organizations all located in The Village at 333 Schwerin St.

All those who participated said they hope the community will support and assist in all community efforts to stop the violence hurting the neighborhood youth. For more information, call Ann Williams at (415) 239-2877 or Lathena Clay and Barbara Glaspie at (415) 239-1386.

### HUD Increase of FHA Home Loan Limits Helps Families Buy Homes

WASHINGTON—Housing and Urban Development Secretary Mel Martinez on Jan. 2 announced that the Federal Housing Administration (FHA) is increasing its single-family home mortgage limit by more than seven percent.

Effective since Jan. 1, FHA is insuring single-family home mortgages up to \$154,896 in low cost areas and up to \$280,749 in high cost areas. The loan limits for two-, three- and four-unit dwellings also increased.

"The Bush Administration is com-

mitted to creating 5.5 million new homeowners by the end of the decade, and increasing the supply of affordable housing is the key to making the dream of homeownership a reality for more people," said Martinez.

Low-income and first time homebuyers are attracted to FHA-insured loans because the agency requires only a three-percent down payment.

The new loan limits are part of an annual adjustment HUD makes to

account for rising home prices. Under federal law, loan limits are tied to the conforming loan limits of Freddie Mac and Fannie Mae, federally chartered corporations that buy and package mortgages.

Four years ago, the loan limits ranged from just \$115,200 to \$208,800, levels below the cost of many homes in many communities. As a result, families who needed FHA mortgage insurance to qualify to buy a home were effectively locked out of the process.

The higher FHA loan limits will not cost the government any money, because the FHA Insurance Fund is fully supported by premiums paid by borrowers who receive FHA insurance.

### Free Tax Preparation for Lower Income Families

Visitacion Valley families with gross annual incomes of \$34,000 or less can get their returns prepared for free on four days in February at the Community Center.

Tax-Aid, a nonprofit group which include CPAs and tax experts, will be conducting Saturday sessions at 66 Raymond Ave. from 10 a.m. to 3 p.m. on Feb. 1, 8, 15 and 22.

Those participating in this first come, first served assistance should bring a W2 form and other proofs of income. Chinese translation will be available.

In 2001, more than 1,500 families were assisted in receiving \$1,500,000 in refunds.

More information is available by calling the Tax-Aid hotline at (415) 733-8633 or visiting the website at [www.tax-aid.org](http://www.tax-aid.org).

See Page 8.

### Reward Offered for Information Leading To Capture of Valley Post Office Gunmen

U.S. Postal Service inspectors have posted a \$50,000 reward for information leading to the apprehension of two disguised men who attempted to rob the Visitacion Valley Post Office on Dec. 18.

Wearing stockings over their faces, both men entered the facility at 68 Leland Ave. and ordered those in line to lie on the floor. One man then jumped over the counter and attempted to retrieve cash from the registers hut was stopped by the

drawers' newly installed locks.

An overhead surveillance camera was operating at the time and recorded images of the attempted robbery.

After physically assaulting postal employees in frustration, the gunmen fled on foot with no money, avoiding the quickly-responding police.

Both men face felony charges for robbery and assault on federal property and could serve more than 30 years in prison if captured and convicted.

### Accidental 911 Calls Risk Public Safety

For many people, a wireless telephone is a source of comfort: knowing that emergency help is as close as the phone's keypad is often a main reason for people to have wireless phones and to give them to their children.

Unfortunately, between 25 percent and 70 percent of all wireless calls to 911 are accidental, by some estimates, and these calls clog up the phone lines at emergency call centers and even inhibit the dispatch of emergency services to those actually in need.

Accidental 911 calls can result from a consumer inadvertently pressing a key on his or her handset that is automatically programmed to reach 911 by way of speed dial. Many older wireless phones are equipped with this feature, and many came pre-programmed with the feature turned on.

In these pre-programmed handsets, holding down one key for a few seconds — generally the "9" — activates the speed dial. The older wireless phones with this feature, especially those with an open-faced design, might bump against an item in the user's purse or pocket, activating the automatic dial without the user even being aware that this is happening.

Accidental 911 calls, also known as unintentional 911 calls, pose a risk to public safety because an emergency call center must spend time and resources to determine whether the calls are truly emergencies or merely false alarms. Generally, a public safety operator will stay on the line, or will disconnect and try to call the caller back to verify any emergency. In either case, time that could be devoted to a true emergency is wasted, and a life could hang in the balance.

"Accidental 911 calls from wireless phones pose a risk to everyone's safety," according to K. Dane Snowden, Chief of the Consumer & Governmental Affairs Bureau (CGB). "Through awareness and education, consumers, carriers, manufacturers, the govern-

ment, and public safety groups can help to eliminate this problem."

Wireless phone users can prevent accidental 911 calls in several ways. Locking the keypad of a phone prevents accidental calls, as does turning off the automatic 911 feature — your user's manual will explain how. Also, one of the benefits of buying a newer handset is that very few of the newer phones have this feature, and if they do, the user has to activate it, so accidental 911 calls are infrequent with the later model handsets.

The Federal Communications Commission is working with wireless handset manufacturers, wireless carriers, and public safety agencies such as the National Emergency Number Association (NENA), the Association of Public-Safety Communications Officials-International, Inc. (APCO), and the National Association of State Nine One One Administrators (NASNA), to take steps to address the problem of accidental 911 calls.

As a result, wireless carriers, for example, have asked manufacturers either to turn off the 911 autodial feature before shipment of new handsets or not to offer the 911 autodial feature as an option at all. In fact, by January 1, 2003, all handsets certified by the Cellular Telecommunications and Internet Association — a trade association for the wireless industry — will not be factory programmed to dial 911.

In addition, many carriers have attempted to reduce the number of accidental 911 calls by providing their customers with educational information through inserts in their monthly bills, through direct mailings/newsletters, and through postings on their web sites.

For further information, consumers may visit the Commission's CGB web site at [www.fcc.gov/cgb](http://www.fcc.gov/cgb). The site also contains links to related web sites that offer more facts and findings concerning the use of emergency numbers.

### Proposed Plan Would Construct New Building for Coffman Pool



A new building could be constructed for Coffman Pool if the Recreation and Park Commission approves a plan to upgrade the aging facility.

After more than 44 years of service to the Visitacion Valley community, Coffman Pool may soon be getting a modern facility its surrounding neighborhood has long desired.

Pending approval by the Recreation and Park Commission beginning at its February meeting, a new building would be constructed at an estimated \$4.7 million following demolition late this year of the current structure with the pool itself remaining.

Construction of the new facility would take up to 16 months and would be available to the public by the end of 2005.

Features of the proposed modern structure would include a multipur-

pose community room and full disability access for all locker room areas, including a new changing area for families.

Originally opened on Nov. 15, 1958, the current building located at Visitacion Avenue and Hahn Street usually closes annually for minor repairs and currently does not meet code regulations of the Americans with Disabilities Act.

Neighbors to the pool protested when the Mayor's Office of Disability had selected the site for possible conversion to a warm water rehabilitation facility, citing the community's need of a facility for daily of lap swimming, aerobic exercise, and by many neighborhood youth.



## Grapevine Mailbox

### Sun and Wind Good Sources of Energy

Dear Editor:

Energy produced from fossil fuels is one of the largest sources of air pollution in California. It affects public health, visibility and global climate change. Energy from renewable sources, such as wind and solar harness the power of our abundant, natural

### Infinite Possibilities of Computer Networks

What will the Internet-enabled home of the future be like? According to industry analysts, the Internet will not be just for schoolwork and e-mail. It is projected that the broadband Internet connection will become increasingly popular as devices and applications emerge in the area of home entertainment.

All of the applications listed below are made possible through a broadband connection (cable or DSL) and simple local area network (LAN), equipment provided by companies such as Netgear, an industry-leading provider of affordable, flexible and easy-to-install networking solutions.

\*Internet audio: Companies are launching a new breed of audio services, like listen.com, and Internet radio systems, like those from Philips, that take advantage of broadband Internet connections to play streaming Internet radio content. This type of appliance allows people to get away from the computer, yet still enjoy the entertainment content that the Internet can provide. Internet radio allows listeners to easily navigate pre-categorized stations based upon genre, language and region.

\*Multi-System Gaming: Networkable game systems like Microsoft's Xbox make it possible to connect individual game consoles together via Ethernet ports for head-to-head multiple player gaming. Wireless networking equipment allows users to "bridge" game consoles together without unsightly cables. In addition, utilizing a broadband Internet connection and a service called Xbox Live, Xbox users can simultaneously play and chat with gamers around the world.

\*Digital video-on-demand: Video-on-demand distribution subscription services promise to deliver full-length movies. At present, this is a progressive download people can begin watching the movie just a few minutes after they start receiving the file, while the rest of the movie continues to be sent over the next 30 minutes. With broadband networking providing faster throughput speeds, higher quality video will be able to be carried through the home network and displayed on the home theater system.

\*ReplayTV: The ReplayTV 4500 from SonicBlue uses a high-speed broadband Internet connection, allowing users to record their favorite shows and watch recorded shows without commercials. The broadband Internet feature makes it easy to send and receive programs between ReplayTV 4500 units (i.e., you can share recorded programs with friends and family). Also, two units connected via the Ethernet port can share programs, so a unit upstairs in the bedroom can play programs recorded downstairs in the living room. In addition, a networked PC can transfer digital photos to the ReplayTV 4500 so that they can be displayed on the television (no more crowding around the PC monitor).

Fortunately for most families, installing a home computer networks doesn't have to be a complex operation. For example, NetGear offers a diverse line of cost-effective, networking solutions including Ethernet, wireless, phone-line, and power-line, networking technologies. Netgear's products are available through leading retailers nationwide. To learn more about home networking, visit their Web site at <http://www.netgear.com/go/howto>. NAPS

## GRAPEVINE VISITACION VALLEY

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resources to produce clean power without harming the environment. By choosing renewable energy, we lessen our dependence on fossil fuels, reduce the strain on the state's power grid, and help clean-up California's air.

Consider the following facts and the impact on the community:

\*A study by the U.S. Department of Energy showed that if covered with solar panels, the roofs of California's city and county buildings could generate 200 megawatts (MW) of clean electricity.

\*There are more than 14,000 wind turbines in California grouped together in wind farms. Together they have roughly 1,800 megawatts of installed capacity, enough electricity to supply an entire city the size of San Francisco with electrical power.

\*California could theoretically generate all of its daytime electricity from the sun if every available commercial and industrial roof was covered with solar.

Information about solar and wind energy systems, and other renewable technologies is available at [www.consumerenergycenter.org](http://www.consumerenergycenter.org).

Sincerely,  
Marc Burdorf, working with the California Energy Commission.

### Opinion: Dramatic

by James Burling

The California Coastal Commission has all the hallmarks of a third-world government, replete with arrogance, corruption, and a total lack of accountability. Now that the California Court of Appeal has declared the Coastal Commission to be unconstitutional, it is time for a dramatic restructuring.

How is the Commission arrogant? In 1987 the United States Supreme Court ruled that the Commission's practice of forcing landowners to give up land in exchange for building permits was an "out-and-out plan of extortion."

Instead of been chastened, the Commission continues to enforce pre-1987 land thefts and to this day tries to find ways to slide around the Supreme Court decision and demand land for permits. What's more, the Commission's executive director, Peter Douglas, has a habit of making speeches attacking the Court's decision as "corrosive" and contrary to society's "collective needs." To put itself above the law, and then to criticize those would enforce it, is nothing but unbridled arrogance.

The Coastal Commission's corruption is legendary. We all know about the sordid tale of Commissioner Mark Nathanson, who was convicted for soliciting bribes in exchange for permits. But even apart from the squalor of bribery there is the matter of lawful corruption. As reported by the San Francisco Chronicle last October, developers appearing before the Commission contributed a whopping \$8.3 million to Governor

## Rural Crime Lucrative Business for "Country" Crooks

by CA Attorney General Bill Lockyer

Crimes like horse thievery and cattle rustling, which evoke memories of the "Old West," are still daunting challenges for law enforcement in the Golden State. With one of the largest agricultural economies in the world, California offers an enticing target for a multitude of "country" crooks. Although it is no longer a "hanging" offense, livestock theft remains a problem in many California counties, such as San Benito, San Joaquin, Tehama, Riverside and Fresno counties, which have experienced the loss of dairy and beef cattle and horses. Last year, more than \$28 million worth of livestock was stolen in California. Even hay disappears by the truckload.

Theft of crops and farm products is also a lucrative business for rural thieves. Southern California counties, such as San Diego and Ventura, are particularly vulnerable to avocado thefts. Palm trees are another "hot" item for thieves. Used to landscape shopping malls and hotels, small palms can fetch from \$35 to \$500 while their taller versions can bring in thousands of dollars.

## Restructuring Needed For California Coastal Commission

Davis' campaign, and most of those "got their permits approved" within three months of making their contributions. The legislature plays the same game.

Corruption, legal or otherwise, is inherent in the nature of a body that makes decisions that represent psychological and economic life and death to coastal landowners. Failure to get a permit can be the end of a dream to build or remodel a home; obtaining the permit can provide rewards worth many times the cost of a well-placed bribe or lawful campaign contribution. It is a system that begs for money to grease, or at least provide a perception of greasing, the creaky permitting machinery at the Commission.

The Commission is unaccountable. With the appointments of the unelected Commissioners scattered across the Governor, the Senate, and the Assembly, it is impossible for the voters to toss out the huns who are in charge because no one is in charge.

The Court of Appeal held that the Commission was unconstitutional because the legislature had a majority of the appointments, because it could fire those commissioners at any time without cause, and because there were no "checks and balances" in the appointment process. It will not be enough to fix just one of these problems—the appointment power must be controlled by the governor. But to significantly reduce the corruption and arrogance, much of the Commission's power must be sent back to the local governments where it belongs.

The Coastal Act was adopted with

In order to combat rural crime, the California Department of Justice has joined with local law enforcement, other state agencies including the California Highway Patrol and the California Department of Fish and Game, and farmers' interests to form the California Rural Crime Prevention Task Force. The mission of this Task Force is to build partnerships between citizens, law enforcement, government, and business and service organizations to develop new and effective strategies for rural crime prevention and to improve the ability of law enforcement to respond to the needs of rural areas.

Suggestions on property protection and crime prevention in rural crimes are also available from the Agricultural Crime Technology Information and Operations Network (ACTION), a federally-funded project of law enforcement and community interests in the San Joaquin Valley. Ranch and farm owners, for example, should maintain fencing and gates and post signs indicating "No Trespassing" areas in order to prevent access to thieves, and should immediately report thefts or suspicious activities to law enforcement.

in the area. They should obtain a risk potential report from local officers, control access to facilities and escort visitors at all times while they are on the premises. Owners should also thoroughly screen job applicants and check their references. They should routinely test security systems and designate a single spokesperson to handle all calls about animals in order to protect information about the location of animals or other information that could help a potential thief.

Additionally, ranch and farm workers should watch for unusual behavior by fellow employees, such as staying especially late, arriving unusually early or accessing files and information outside their areas of responsibility. Workers should take note of unescorted visitors on the property, and report suspicious activity to their employer at once.

For further information on how to prevent rural crime, please call my Crime and Violence Prevention Center at (916) 324-7863.

Together, we can roust out rural thieves, and keep our state and our life-giving resources safe and secure.

the vision that the Coastal Commission would help local governments adopt local coastal plans. Once the plans were adopted, permitting and enforcement authority was to reside largely in the hands of local government-government that is directly accountable to the voters. But instead of facilitating the adoption of local coastal plans the Commission has run roughshod over the desires and needs of local communities - forcing them to adopt plans conceived by the Commission. The Coastal Commission continues to micromanage development, large and minuscule, with the motto: "No detail too small, no permit too large."

The process of approving local coastal plans must be streamlined, with the Commission's power to disapprove a plan removed, if the

Commission has a problem with a local government not taking its advice it can go to court-but it should no longer wield a veto power over the process. Furthermore, once a local coastal plan is adopted, the Commission should have the power to file a challenge or appeal only in court and not the current twisted process of filing appeals to itself. To understand the structure of the Commission is to demonstrate its failure. The beast must be defanged and power returned to the people.

James Burling is a principal attorney with Sacramento-based Pacific Legal Foundation, [www.pacificlegal.org](http://www.pacificlegal.org). PLF is the oldest, largest and, in the words of the Washington Post, "perhaps most influential" public-interest law firm dedicated to property rights. For many years PLF has been a leader in litigating against abusive regulation by the California Coastal Commission.

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## From the D.A.'s Office

### Dietary Supplements Maker Charged with Unfair Business Practices

A civil suit was filed Dec. 2 in connection with HGH Gold, a dietary supplement touted by the manufacturer as a cure-all for maladies associated with the aging process.

District attorneys in San Francisco, Marin, Napa, Sonoma, Kern, Alameda, and Monterey Counties, along with the City Attorney of San Diego, filed a civil suit against Cambridge Research Laboratories, Inc., Sandco International, Inc. and four of their corporate officers, including Joseph England, Stephen Geller, and Linda and Richard Sandlin.

"What's significant here," said DA Terence Hallinan after the suit was filed, "is that none of these products had been approved by the FDA. Dietary supplements are not subject to the same regulations and scrutiny and as prescription drugs."

The HGH Supplement cost \$49.95 for a one-month supply; \$200 for a six-month supply. According to the suit, the

defendants illegally made claims that HGH Gold can cure certain diseases, and also that it increases resistance to illness, decreases cholesterol and triglyceride levels, and normalizes blood pressure. The suit alleges that all such claims and all other instances of false and misleading advertising constitute unfair business practices under California law.

The suit, which was filed in Napa County Court, seeks an injunction prohibiting the company from making claims about the efficacy of HGH Gold without a reliable scientific basis for such claims, as well as \$2500 in civil penalties for each unfair business practice, \$2500 in civil penalties for each instance of false and misleading advertising, and other relief.

### Chiropractor Arrested And Charged With Insurance Fraud

The San Francisco District Attorney has charged chiropractor Robert Nathanson, a 32-year-old resident of Walnut Creek, in a 34-count complaint with insurance fraud and workers' compensation fraud. Mr. Nathanson was arrested on Dec. 17 by a

Department of Insurance Investigator, James Montoya, after he voluntarily surrendered.

"I am pleased with the results of this investigation," said DA Terence Hallinan earlier today, "because over billing by medical providers doesn't just damage business interests, it also hurts the consumer, who has to pay premiums that are inflated because of fraud."

Mr. Nathanson purchased Cathedral Hill Chiropractic, located at 1115 Geary Blvd in San Francisco, in July, 2001. Employees who worked at that office stated that Mr. Nathanson had a preset billing formula depending on whether a patient was an injured worker with a workers' compensation claim, or whether they were involved in a personal injury suit.

As part of the DA investigation, two undercover investigators made appointments at Cathedral Hill Chiropractic, one investigator posing as an injured workers' compensation claimant and the other as a party in a personal injury lawsuit. In both cases, Mr. Nathanson billed for treatments not provided, including Diathermy, Mechanical Traction and Spinal Manipulation.

Mr. Nathanson is charged with ten

felony counts each of violating Insurance Code sections 1871.4(a)(1) and 1871.4(a)(2) (making and presenting false statements in support of a claim through workers' compensation insurance) and seven counts each of Penal Code sections 550(b)(1) and 550(b)(2) (making and presenting false statements in support of a claim for insurance). If convicted, Nathanson could face a

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maximum of sixteen years in state prison, and/or a \$100,000 fine.

Anyone who has been a patient at Cathedral Hill Chiropractic and who believes that the practice may have billed for treatments that weren't rendered is encouraged to contact D.O.I. investigator James Montoya at (707) 751-2025.

### New Electronic Mapping Helpful to San Francisco

by Mayor Willie Brown

The San Francisco Bay Area is known throughout the world for being home to some of the most innovative and fastest-growing technology companies. Our community continually pushes the limits of technology to provide groundbreaking services around the globe. However, what many people don't realize is that private industries are not the only force behind these developments.

The City and County of San Francisco's use of technology, particularly our advanced Geographic Information Systems (GIS), is a key example of our commitment to innovation. San Francisco first developed its original GIS map after the 1989 Loma Prieta earthquake. GIS is essentially a computer system that maintains sophisticated interactive maps of the City's geographic information. Many functions of City government, including water utility management, tax assessment, construction projects, and building inspection are heavily reliant on electronic mapping.

In San Francisco, our GIS capabilities surpass every other municipality in the country. Each supervisory district, road, school, public utility, and even parking meter, has an identifiable location that can be displayed in the form of a dynamic map. The City's GIS, managed by the Department of Telecommunications and Information Services, allows city employees to conveniently access sophisticated GIS maps online through a web browser.

For example, when a public utilities specialist needs to fix a leak in a water pipe, he or she must know its exact location in the street, whether facilities such as gas or telephone lines exist around the pipe and whether there is a need to coordinate efforts with other City projects underway in the same area. With GIS data, we can stop the leak more efficiently

and better manage the City's facilities.

GIS is also invaluable in times of disaster, especially as homeland security continues to be one of our nation's top concerns. GIS proved to be absolutely critical in New York City during the events of September 11, in all aspects of crisis management from evacuation to recovery. With today's advanced GIS technology, San Francisco's Emergency Command Center can easily facilitate emergency services, share information with the federal government and keep watch over infrastructure vulnerabilities.

In addition to essential government applications, San Francisco's GIS has several applications that are extremely useful to the public. In November, to celebrate International GIS Day, my Office of Economic and Business Development introduced a new online GIS-based service called SFProspector. This powerful Internet-based mapping tool revolutionizes business recruitment and retention in San Francisco. SFProspector allows business owners and interested citizens to find data on available commercial space, surrounding businesses, area demographics, consumer spending habits and much more, from anywhere in the world. SFProspector makes the process of finding a business location in San Francisco simple and efficient. Go to [www.sfprospector.org](http://www.sfprospector.org) to see this amazing new technology for yourself.

Hundreds of thousands of people worldwide use GIS in government, education and business. Whether it's facilities management, disaster response, or business development, San Francisco is recognized as a worldwide leader in the use of GIS in city government, and we will continue to provide cutting edge technology to serve our citizens.

### Is Your Place of Work Beginning to Make You Feel Sick?

Telltale signs that cold and flu season has arrived to your office. Empty facial tissue boxes cover desks. Sneezing, coughing and much snuffling can be heard up and down the halls. Your co-workers look as if they are dragging themselves from meeting to meeting. Get the picture?

Staying well is nothing to sneeze at, especially when everyone around you is coughing and hacking. It doesn't help that cold- and flu-causing viruses can live on surfaces for as long as three days, says University of Arizona microbiologist Dr. Charles Gerba, who was curious about how long it would take for cold and flu germs to make their way around an office. The answer? Not long.

"During cold and flu season, an office really can be like an incubator," said Dr. Gerba. "Germs can move about the office faster than water-cooler gossip."

Dr. Gerba said his testing showed that cold and flu viruses not only thrive on staplers, doorknobs and phones, they

easily can become germ transfer stations. A person infected with a cold or flu can leave enough virus behind to potentially infect the next person who touches the same stapler, doorknob or phone. In an average day, one person touches an average of 300 surfaces within 30 minutes.

"There's a reason it's called the common cold," said Dr. Gerba.

Studying office environments is nothing new for Dr. Gerba, who last year undertook a major study for The Clorox Company of the way bacteria piles up in offices. The study—the first of its kind to measure normal bacterial levels inside offices across America—found that the average desk harbors 20,961 germs per square inch. That's 400 times more bacteria than the average toilet seat.

"Desks are really bacteria cafeterias," said Dr. Gerba. "They're breakfast bars, lunch tables and everything else, as we spend more and more hours at the office."

Gerba and his researchers found that

unless desks and other surfaces were wiped clean with a disinfectant. During the day, bacteria levels climbed higher and higher, peaking after lunch.

"One good way to beat bacteria and help stop the spread of germs is to regularly clean your personal workspace," said Dr. Gerba. "During our studies, we found that using disinfecting wipes can dramatically reduce the germ-load and therefore help reduce your chances of illness."

Clorox Disinfecting Wipes make it easy to clean and disinfect in one easy step. Safe to use on most hard, non-porous surfaces, Clorox Disinfecting Wipes are pre-moistened and ready to use—follow directions for disinfecting and just wipe, toss and be done. They kill 99.9 percent of viruses that cause cold and flu, as well as bacteria commonly found in kitchens and bathrooms.

For more information, about disinfecting, log onto [www.clorox.com](http://www.clorox.com) or [disinfectingwipes.com](http://disinfectingwipes.com).

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## Book Review

### Revealing New Look at America's First Couple

"The best decision I ever made was asking Laura to marry me. I'm not sure the best decision she ever made was saying yes. But I'm glad she did..." - George W. Bush

It's been said that, from the outside, no one ever really understands the pressure the spotlight of celebrity can put on a marriage. When the husband and wife in question are President and First Lady, says Christopher Andersen, No. 1 New York Times bestselling author of Jack and Jackie and Bill and Hillary, "you can multiply that pressure a thousand fold."

In his new book *George and Laura: Portrait of An American Marriage*, (William Morrow, \$22.95), Andersen puts the Bushes' marriage under the microscope and concludes that "as man and wife they're not only surviving in the White House—they're flourishing there."

To get to the heart of the current President's marriage, Andersen conducted hundreds of interviews with those who know the Bushes best, including Laura's surprisingly outspoken mother, Jenna Welch. George and Laura has been described as a vivid and sometimes startling portrait of the First Couple. Among the many surprising revelations and insights the author serves up:

\*A detailed, behind-the-scenes account of how the President and First Lady coped with 9/11 as the drama unfolded, their emotional reunion in the presidential bunker beneath the White House, and how they leaned on each other as they rallied America in the war on terrorism.

\*The true extent of the President's drinking problem prior to becoming President, the strains it put on his marriage, and the night Laura delivered the ultimatum that changed his life. "Laura is stronger than most people realize," says Andersen. "After all, she did what neither Jackie nor Hillary could—she saved her man from himself."

\*Surprising new details about George and Laura's poignant struggle with infertility ("Laura was so upset that she couldn't walk down the baby aisle at the supermarket without crying") and her life-threatening pregnancy.

\*The pressures of raising headstrong twin daughters in the glare of the media and how the girls have "shaped up completely," observes Andersen, since 9/11.

\*Laura's surprising behind-the-scenes influence on domestic and even foreign policy issues. "She shares her opinions with her husband in bed, over coffee and the morning papers," writes Andersen, and she gets him to appear more statesmanlike by sidling up to the President and whispering "Rein it in, Bubba."

A former contributing editor of Time and senior editor of People, Andersen has written 23 books. In addition to his studies of presidential marriages, the author also wrote the No. 1 bestsellers *The Day Diana Died* and *The Day John Died*. NAP

## Winter Celebration at Visitacion Valley Elementary School



The Star Assembly honored all Visitacion Valley Elementary School (VVES) attendance stars who had perfect and most-improved attendance records.



The Star Assembly also honored all reading stars at VVES for doing their reading homework daily.



At the VVES Winter Festival, Ms. Dare's Kindergarten Class performed a skit and song of "Rudolph the Red-Nosed Reindeer."



Also at the Winter Festival, Ms. Baker-Cohn's 5th graders performed a student-scripted "Twas the Night Before Christmas."

### SLUG Composting and Organic Gardening Classes

\**Urban Composting in Park Merced* Saturday, Feb. 1, 10 a.m. - 12 noon. Come to the newly completed Park Merced Community Garden and learn how to turn your yard and kitchen waste into garden gold! We will discuss both basic and worm composting in this workshop. Park Merced Community Garden, The Villas Park Merced, 3711 19th Ave. Free!

\**Growing Roses Organically!* Saturday, Feb. 8, 10 a.m. - 12 noon. In this workshop, rose gardening expert Anya Malka-Halevi will present information on rose selection, planting, feeding, and general care of roses, all without the use of toxic pesticides or synthetic fertilizers. Garden For the Environment, 7th Ave. at Lawton St. \$10 members, \$15 non-members.

\**Landscape and Garden Design*

**Workshop Gears Up for** A San Francisco Bike Plan Update Kick-Off Workshop will be held on Tuesday, Feb. 4 from 6 to 8 p.m. at the LGBT Center, 1800 Market St. (at Octavia Street).

This coordinated effort between the San Francisco Bicycle Coalition and the Department of Parking and Traffic Bicycle Program will commence series of neighborhood-based workshops to gather community input for refining and expanding the citywide hike network, and improving bike parking facilities.

Saturday, Feb. 15, 10 a.m. - 1 p.m. Learn the basics of sustainable, resource efficient garden design from coordinating plant colors and layout to creating theme gardens, we will explore ways you can enhance an existing landscape or plan for a new one. Garden for the Environment, 7th Ave. at Lawton St. Free! This workshop is part of our Resource Efficient Gardening and Landscaping Program. Pre-registration required! Call SLUG's Education Department at (415) 285-7584 for a full list of classes or to pre-register.

\**Hardscaping with Recycled Materials* Saturday, Feb. 22, 10 a.m. - 1 p.m. Join Building Resources and SLUG for this workshop on techniques for building garden pathways, beds and containers using all recycled materials.

### Bicycle Friendly Streets

bicycle safety education, outreach and enforcement.

It's a great opportunity for residents, merchants and bicyclists to share ideas for linking neighborhoods through safer streets; from new bike lanes to hike parking to hike safety, education and other creative ideas to improve bicycling in the City. For more information, call 431-BIKE, extension 27; or 585-BIKE.

### Muni Begins Fare Collection Campaign

To ensure that revenues are collected uniformly, Muni has started a *Pay Your Fair Share* campaign to have all passengers, except on the Proof of Payment Metro system, board at the front door.

\*Passengers on Muni's bus lines and its F Market & Wharves historic streetcar line must board at the front door and either pay their fare or show the operator that they have a valid Muni pass, ticket or transfer. Passengers may only board at rear doors on these lines if Muni fare collectors are stationed at the rear doors to take their fare - such as the fare collectors who take fares for Muni's Caltrain Express lines at the Caltrain Depot.

\*Proof of Payment will continue to apply on the five-line Muni Metro system, in which passengers can board at the rear doors of Metro streetcars if they already have a valid pass, ticket, or transfer. Payment on the cable cars will be made to the conductor, as usual.

\*Muni operators are being instructed on the fare campaign, and public notices and flyers are being placed on Muni vehicles. Muni staff will be at major stops to inform the public and to aid Muni operators in the fare campaign.

### Gardening and Composting Educator Training at SLUG

San Francisco League of Urban Gardeners (SLUG) is now accepting applications for the Spring 2003 Gardening and Composting Educator Training Program (GCETP). This program is designed to give participants the skills to become effective educators who teach the joys and benefits of environmentally-safe gar-

dening and composting to communities throughout San Francisco.

The GCETP program runs this spring from Feb. 22 to May 28. Classes are held each Saturday from 10 a.m. until 4 p.m., with five Wednesday night sessions spread throughout the training. Contact SLUG's Education Department at (415) 285-7584 for a course outline and application. The deadline for applications is Feb. 15, 2003.

Garden for the Environment, 7th Ave. at Lawton St. Free! This workshop is part of our Resource Efficient Gardening and Landscaping Program. Pre-registration required! Call SLUG's Education Department at (415) 285-7584 for a full list of classes or to pre-register.

### Ms. Santa's Visit to "Little Vis"



Ms. Santa (Karen Baker) with all her helpers, including Mr. Morales, School PTA president, posed by the Christmas tree.

During the past holiday season, Ms. SFPD Operation Dream and the Santa visited the boys and girls of VVES PTA for their generous donations, as well as Cherisse Harper, SB65 outreach consultant, and Edgar Morales for coordinating the collection and distribution programs.

Many thanks go from VVES to the

## Church of the Visitacion

Roman Catholic (1907)

### 95 Years in Visitacion Valley

Sunday Masses  
8 & 9:30 a.m. (11 a.m. Spanish)  
12:30 & 5 p.m.

Our Lady of Visitacion School  
Grades K-8  
239-7840

Religious Education: Grades K-8 (Saturday only) 239-6723

*Come, Let us worship together!*

655 Sunnydale Avenue  
San Francisco, CA 94134-2838  
(415) 239-5950

Rev. Zachary J. Shore, Pastor

## FREE CERAMICS CLASS

For everyone 18 and older at  
Visitacion Valley Community Center,  
66 Raymond Avenue  
Tuesdays from 9 a.m. to 4 p.m.

*Very therapeutic and fun. You do not need to stay the entire day...come for as long as you like.  
We have a wonderful teacher to assist you.*

For more information, call Pat at the  
VCC Senior Program: (415) 467-4499





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Fax (415) 330-9813

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6 pcs. Red Snapper, 6 pcs. Oysters  
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- \*Sandwiches
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- \*Appetizers
- \*Party Platters
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Grapevine Puzzler Secretaries of Defense

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V R E K G O A Y A A K M W C M S D A A Z  
A M I C C U L R A C J D M M S K C A E K

Aspin	Cohen	Lovett	Richardson
Brown	Forrestal	Marshall	Rumsfeld
Carlucci	Gates	McElroy	Schlesinger
Cheney	Johnson	McNamara	Weinberger
Clifford	Laird	Perry	Wilson

Historic Proportions

Match clues to answers.

- 1930
- World powers signed agreement on Apr. 21
  - New Chief Justice for the U.S. on Feb. 13
  - Large earthquake on July 23 killed 2,500.
  - Famous Grant Wood painting depicted a farming couple.
  - New U.S. tariff on exports signed into law on June 17.
  - City destroyed by massive earthquake in Burma on May 6.
  - British arrested Indian leader on May 4
  - New planet given name on May 24.
  - U.S. Congress adopts program on Mar 31
  - She was star in *Blue Angel*
  - Rebellion here killed 8,000 on Oct. 22.
  - Agreement for war reparations took effect May 17.
  - Finished solo flight from to Australia from London on May 24
  - First marketing June 6 on commercial market.
  - Provisional president of Brazil on Oct. 26.
  - Winner of Indy 500 on May 30.

Five Years Ago In the Grapevine

FEBRUARY 1998

A neighborhood survey revealed that Vistacion Valley merchants thought too many people were loitering in the business area., a problem exacerbated by a prevalence of crime, dirty streets and too many shops selling similar wares.

"Visitacion Valley Task" Force members were presented a plan Feb. 28 to convert the area's Street Festival into a new annual celebration to be called Visitacion Valley Neighborhood Day.

A Park and Open Space Citizens Advisory Committee voted for and approved a design study to determine necessary renovations to children's play structures in Little Hollywood Community Park.

Approximately 3,500 yards of soil for landfill was stockpiled in December to replace soil that had eroded from the northern hillside of the Total Urban Recycling Facility parking lot at 401 Tunnel Ave.

Visitacion Valley Middle School planned its second annual Family Literacy Night in February.

Sump, the Grump



Did You Know?

According to Jack O'Dwyer, editor-in-chief of J.R.O'Dwyer publications, there's only one way to become a writer read and write seven hours a day at least five days a week. Students should take many writing courses, keep a journal of 1,000 to 2,000 words nightly and read a novel a week. You can learn more online at [www.odwyerpr.com](http://www.odwyerpr.com).

While the record shows that British Petroleum has invested more than \$200 million in alternative energy sources such as solar power in the last six years, according to automotive and legal affairs writer Eric Peters, that's mere change compared to the \$8.5 billion that BP invested in exploration and production of petroleum products last year alone.

Now that Congress has approved Yucca Mountain as a safe repository for nuclear waste, a number of people have expressed concern about the transportation of radioactive materials to that site. However, according to many experts, this concern is both unfounded and unjustified. Over the past 40 years, there have been more than 3,000 used fuel shipments in and around the United States and not a single report of fatalities, injuries or environmental damage due to the radioactivity of the cargo. In addition, security measures have been increased to further protect the public.

Hewlett-Packard recently introduced the Media Center PC that combines the functionality of a PC, DVD and CD players and recorders, TV and personal video recording, digital jukebox and other consumer electronics components. By clicking on a remote control, users can command HP's Media Center PC to play CDs, DVDs and MP3s, or view digital videos and photos from across the room.

According to a recent survey conducted by inspirational romance publisher Steeple Hill Books, only 40 percent of those queried feel that their personal relationships had grown closer since the 9/11 terrorist attacks. Other results of the survey reveal George W. and Laura Bush to be the most inspirational couple to Americans, and the President as the second most inspirational celebrity after Pope John Paul II.

Fortunately for consumers, especially those who aren't experts in electronics, there's now a pair of DVD-recordable drives that support four DVD recording formats-DVD+R, DVD+RW, DVD-R and DVD-RW. These devices take the guesswork out of DVD recording from the PC, making it easier for users to create video and data DVDs. To learn more about these DVD drives, visit the Web site at [www.storage.bysony.com](http://www.storage.bysony.com).

1-2-3 Magic: Effective Discipline for Children 2-12. Dr. Thomas Phelan's popular parenting book and video program, describes easy-to-learn methods that break the parenting cycle of talking, persuading, arguing, yelling

and, in some families, hitting. Dr. Phelan has been in practice for over 25 years, is nationally recognized as an expert on discipline and Attention Deficit Disorder, and appears frequently on radio and TV. 1-2-3 Magic is available at bookstores, by calling 1-800-442-4453 or visiting the Web site at [www.thomasphehan.com](http://www.thomasphehan.com)

If you are one of the many people who count carbohydrates but still crave those forbidden sweets, there's a new Carb Solutions candy bar in a choice of chocolate or chocolate with almonds that can satisfy those cravings-without the sugar. And, if you prefer to make your own sweet treats, visit [www.low-card-cookbooks.com](http://www.low-card-cookbooks.com) for some helpful tips and free recipes.

Hone electronics products that have earned the Energy Star offer the same or better performance and features as conventional products. While they cost the same, they have an added bonus-they use less energy and so they save money and help protect the environment. Look for the Energy Star on many of the latest consumer electronics products. They are made by the manufacturers of all the high-tech brands you recognize and trust. For more information, visit [www.energystar.gov](http://www.energystar.gov) or call 1-888-782-7937.

Over half the electricity we use in our homes, schools and businesses comes from coal. Coal helps keep energy costs low for consumers and promotes economic growth. At the same time, the use of advanced technologies to generate electricity from coal has helped to reduce emissions and provide a cleaner environment. By investing over \$50 billion in new technology, the coal-based electricity industry has met-and in some ways surpassed-the emission reduction requirements of the Environmental Protection Agency (EPA). To learn more, visit [www.ceednet.org](http://www.ceednet.org).

When asked if changing the oil regularly is one of the top things that a person can do to keep a vehicle running better after 75,000 miles, 62 percent of the mechanics agreed. In addition, 83 percent of the technicians agreed with bringing a higher mileage vehicle in for a check-up at least once a year, if not more often. According to experts at Valvoline, Valvoline's MaxLife motor oil, ATF and anti-freeze are specially formulated to help slow the aging process and help maximize the life of a vehicle. For more information visit [www.valvoline.com](http://www.valvoline.com).

Today's environmentally friendly products make indoor projects safer and odor-free. If you are tired of tripping over that piece of peeled up linoleum or still haven't re-attached that loose ceramic tile, consider latex-based adhesives, such as Loctite's Power Grab line of adhesives. These products can be a good choice for indoor fix-it chores, since they do not give off any harmful fumes and easily clean up with water. Power Grab provides a strong, quick grab and is even available in a Pressure Pack, allowing for easy dispensing without a can.

Postal Inspectors Fight Fraud on the Internet

To catch a thief, follow the money. That basic idea has served as a guide for crime fighters over the years. Today, the place to find many criminal operations is on the Internet.

As the amount of business transacted over the Internet has grown, so have the number of scams and schemes.

For over 200 years Postal Inspectors have safeguarded the customers of the U.S. Postal Service. That familiar group of crime fighters also joins the effort to stamp out Internet fraud. Fraud on the Internet becomes mail fraud when the U.S. mail is used in any phase of the illegal scheme.

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). All ages are welcome; under 8 must be accompanied by an adult. Museum admission is free with \$3 per person workshop fee. Call 554-9600 for further information.

Feb. 1: Experiment with mud as paint. Add color and scents to your work.

Feb. 8: Use leaf rubbings and vegetable stamps to decorate a card for someone special and deliver a *Natural Valentine*.

Feb. 15: Become inspired by the

As a Matter of Fact

The melody of the Star Spangled Banner was originally known as *Anacreon in Heaven*.

The *foed* is the traditional Danish foot, equal to about 12.365 inches.

During the 15th century, the amount of wine held by a vessel known as a pipe was equal to about 5,000 quarts.

When someone is said to be "mending the jug," it means he or she has been given an impossible task.

The first creamery to make large quantities of butter opened in Orange County, New York in 1856.

The vapor trail left in the sky by an airplane is called a contrail, which is a contraction of the words condensation trail.

In England, some people once believed a double hazelnut carried in a pocket would prevent a toothache.

The first municipal orchestra supported by taxes was the Baltimore City Orchestra, formed in 1915.

Almost one person in 10 is employed in the health care service industry.

The first name of the Queen of Sheba was Balkis.

A heat burst is an atmospheric event that occurs when a parcel of air is pushed down from thunder clouds to the earth's surface.

The summer of 1995 was so hot that methane emitted by freshly cut bails of hay in Missouri spontaneously combusted.

Americans spend more annually on cat food than baby food.

The coldest day ever recorded in an inhabited area was -90 degrees F, July, 1983 in Vostok Station, Antarctica.

More than 1 million acres of land have been planted with Christmas trees.

It takes nearly 2,000 coffee cherries to provide enough beans for a pound of roasted coffee.

Marshmallow candy dates back to the late 19th century. Originally made from the root of the marshmallow plant, they are now made of gelatin, water, sugar or corn syrup, egg whites and vanilla extract.

In ancient times, the agate was thought to have the power to render someone invisible. Other alleged properties of the stone include the promotion of fertility, protection against storms and lightning and increased athletic prowess.

The largest stadium ever to host a Super Bowl is the Rose Bowl in Pasadena with a capacity of more than 102,000.

Turtles can recognize faces. They are one of the few reptiles that can be trained to do tricks.

In some parts of England it was once believed that bread must be put into the oven by one person only. If two people share the task, they will quarrel.

L. Frank Baum came up with the name for Oz in the *Wizard of Oz* from the label on a filing cabinet: O-Z.

The first official Times Square New Year's Eve celebration took place in 1904. A party was held on a roof for editors of a local magazine.

Christmas tree lights were first mass produced in 1890.

While celebrating on January 1, many people in Japan hang a rope of straw across the front of their house to keep evil spirits out.

Charlie Chaplin once won third prize in a Charlie Chaplin look alike contest.

The Labrador retriever originally came from Newfoundland, not Labrador.

When lions are reunited after a separation, they greet each other by rubbing cheeks.

A young salmon may be called a parr, a smoly, or a grilse.

In the U.S., a bale of cotton officially weighs 500 pounds.

The roar of a howler monkey can be heard for up to two miles.

The official fossil of Georgia is the shark tooth.

French is the official language of 32 countries.

The first gas pump was made by Sylvanus F. Bowser of Fort Wayne, Indiana and delivered to local storekeeper Jake Gumper on Sept. 5, 1885.

President-elect Zachary Taylor refused to take his oath of office on the designated inauguration day, Mar. 4, 1849, because it was a Sunday. He was sworn in the next day, leaving David R. Atchison, president pro tempore of the Senate, as acting President for the day.



## Visitacion Valley Police Log

\*Dec. 6 10 a.m., 300 block of Raymond Ave., burglary of residence, forcible entry.  
 \*Dec. 6: 10:45 a.m., Desmond St. & Visitation Ave., robbery, bodily force.  
 \*Dec. 7: 7:50 a.m., 200 block of Brookdale Ave., robbery on street, strongarm.  
 \*Dec. 9: 12:55 a.m., 300 block of Leland Ave., aggravated assault with deadly weapon.  
 \*Dec. 9: 3:50 p.m., 000 block of Garrison Ave., grand theft of property.  
 \*Dec. 9: 6:20 p.m., Delta St. & Arleta Ave., robbery, bodily force.

## Recipe Corner

### Snickers Surprises

2 sticks butter (softened); 1 cup creamy peanut butter; 1 cup light brown sugar; 1 cup sugar; 2 eggs; 1 teaspoon vanilla; 3-½ cups all-purpose flour (sifted) ½ teaspoon salt; 1 teaspoon baking soda; 1 bag Snickers Miniatures; Powdered Sugar; 1 bag Dove Milk or Dark Chocolate Promises, optional

Combine butter, peanut butter and sugars using a mixer on a medium to low speed until light and fluffy.

Slowly add eggs and vanilla until thoroughly combined. Then mix in flour, salt and baking soda.

Cover and chill dough for 2 to 3 hours.

Unwrap each Miniature.

Remove dough from refrigerator.

Divide into 1-tablespoon pieces and flatten.

Place one Miniature in the center of each piece of dough.

Form dough into a ball around each Miniature.

Place on a greased cookie sheet and bake at 325 F for 10 to 12 minutes. (Baking time and temperature may need to be adjusted if using more than 1 tablespoon of dough per cookie.)

Let cookies cool on baking rack or waxed paper. Sift powdered sugar on top of cookies.

(Hint: Spruce up Snickers Surprises by drizzling melted Milk or Dark Chocolate Promises over top of each cookie. Recipe can also be made with 1 batch of prepared peanut butter cookie dough.) Makes 2 dozen cookies.

This recipe and others can be found on [www.marshbrightideas.com/cookies](http://www.marshbrightideas.com/cookies). NAPS

\*Dec. 10 10:54 p.m., 500 block of Sawyer St., grand theft from locked auto.  
 \*Dec. 11: 10 a.m., 100 block of Cora St., robbery on street, strongarm.  
 \*Dec. 11 6:05 p.m., Geneva Ave. & Santos St., attempted robbery on street with bodily force.  
 \*Dec. 11: 9:52 p.m., San Bruno & Campbell Aves., robbery on street with gun.  
 \*Dec. 12: 10:02 p.m., 200 block of Wilde Ave., grand theft, purse snatch.  
 \*Dec. 15: 12:30 p.m., Bayshore Blvd & 3rd St., grand theft from locked auto.  
 \*Dec. 16: 8:45 p.m., Wilde & San Bruno Aves., robbery on street with gun.  
 \*Dec. 17: 11 p.m., 500 block of Argonaut Ave., grand theft from locked auto.  
 \*Dec. 18 5:35 p.m., 000 block of Leland Ave., attempted robbery with gun.  
 \*Dec. 18 7:30 p.m., 1400 block of Sunnydale Ave., aggravated assault with bodily force.  
 \*Dec. 19 9:02 p.m., Sunnydale Ave. & Hahn St., aggravated assault with gun.  
 \*Dec. 19: 10 a.m., 400 block of Campbell Ave., burglary of residence, forcible entry.  
 \*Dec. 19: 7:15 p.m., 300 block of Harkness Ave., robbery on street with gun.  
 \*Dec. 20: 8:27 p.m., Bayshore Blvd & Arleta Ave., robbery on street, strongarm.  
 \*Dec. 21: 12 noon, 000 block of Brookdale Ave., aggravated assault with bodily force.  
 \*Dec. 22 3:45 p.m., 1000 lock of Brussels St., burglary of residence, unlawful entry.  
 \*Dec. 23 11 p.m., 200 block of Argonaut Ave., grand theft from locked auto.  
 \*Dec. 24 7:50 p.m., Schwerin St. & Garrison Ave., aggravated assault with deadly weapon.  
 \*Dec. 26: 3:23 p.m., 100 block of Blythdale Ave., robbery of residence with bodily force.  
 \*Dec. 30: 12:01 a.m., 000 block of Wabash Ter., grand theft auto strip.  
 \*Dec. 30 4 a.m., 1700 block of Sunnydale Ave., aggravated assault with deadly weapon.  
 \*Dec. 31: 11 p.m., Geneva Ave. & Santos St., grand theft from locked auto.  
 \*Jan 1: 7:20 p.m., 1000 block of Girard St., aggravated assault with deadly weapon.

## Getting Your Annual Auto Insurance Checkup

Understanding your car insurance could save you some money down the road.

For example, many drivers are surprised to learn their insurance doesn't cover rental car costs, should their car need repairs. After an accident, the average vehicle stays in the shop for two weeks. Rental costs for that amount of time can be more than 500 dollars. Other insured drivers pay little or nothing to rent a car because their policies include a little known option called rental reimbursement, available for only a couple of dollars a month.

The Insurance Information Institute (I.I.I.) and the Consumer Protection Association of America recommend people talk to their agents or read their insurance policies once a year. The groups offer these tips from their public awareness campaign, "Wiser Drivers Wise Up."

\*Do business only with a reputable company. Deal with companies, independent brokers or direct marketers that have proven track records of handling auto insurance claims effectively. Get a referral of contact the Better Business Bureau or State Department of Insurance.

\*Report a car accident from the scene, if possible. If your car is not drivable, your agent or claims center could save you time and money by having the car towed directly to the repair facility instead of to a temporary storage facility. In addition, arrangements may be made immediately to provide you with a replacement rental car.

\*Know what your insurance covers. For example, don't wait to find out until after an accident that your policy doesn't automatically cover costs for emergency roadside assistance or a rental car.

\*Know what your deductible is and any other additional charges before authorizing work. Expect your insurance adjuster, claims representative or repair facility appraiser to review the damage with you and explain the repair process, including the use of original or generic auto parts.

\*Ask about warranties on repairs. Ask whether your insurer has a repair facility referral program that offers a written limited or lifetime repair warranty backed both by the repairer and insurer for as long as you own your vehicle.

For more information, visit [www.wiserdrivers.com](http://www.wiserdrivers.com). NAPS

## Online Vehicle Research Puts You in the Fast Lane

Looking for a new car? Before you take to the road, you may want to start your search with a little online research.

A safe place to start your online search is Kelley Blue Book ([www.kbb.com](http://www.kbb.com)) one of the most comprehensive resources for used and new vehicle information. While many think of Kelley Blue Book for used car values, you'd be surprised to know the company has provided new car pricing since 1965 as well as free expert information on their Web site since 1995.

"Kbb.com is simple and easy for anyone to navigate allowing consumers to search and find what they are looking for quickly and effortlessly," said Charlie Vogelheim, executive editor, Kelley Blue Book. "The site gives consumers a place where they can obtain timely and dependable used and new vehicle information they can really trust."

Together with a network of partners, kbb.com also provides you with valuable tools and resources that will guide you through the process of buying a new car. Through these partners, you can research new vehicles, obtain financing and purchase insurance.

Once on the site, head over to the "Tools, Tips and Advice" section. Here you can look through vehicle reviews, safety ratings and crash test results of some of the newest cars on the road. To narrow your search further you can peruse the recommendations section or compare your top choices side-by-side.

Once you have narrowed your search to a few new vehicles, click on New Car Pricing for each and determine what will fit into your budget before working with a dealer. You can also quickly determine and print the dealer invoice price and compare it to their asking price.

When you're ready to work with a dealer, you still do not have to leave the house, just click on Free Online Price Quote and kbb.com will provide you with one or more dealerships in your area that may have the car you are interested in. Within a few clicks you

can have a number of dealers competing for your business.

Lately, finance rates have reached record lows, however that does not mean everyone will qualify for a zero percent financing. Kelley Blue Book works with PeopleFirst, a subsidiary of Capital One Financial Corp., to allow consumers to apply for financing online and receive competitive rates in minutes. PeopleFirst's Blank Check tool lets you specify the loan amount. Once approved, the company will issue a check to the dealer for the specified amount with your name and address printed on it, as if it were your own.

When purchasing a new car, Vogelheim recommends reevaluating your insurance rate. Annual insurance premiums vary based on the make and model of a vehicle. Other factors that affect your insurance rate include your driving record, location of the vehicle and the average number of miles the owner drives to and from work.

Kbb.com provides consumers with the opportunity to research and obtain several price quotes through online partners, NetQuote.com, InsWeb.com and esurance.com.

You may want to compare these rates to your current rate; there's always an opportunity to find a better deal.

There are infinite possibilities on the Internet, log on and get into the fast lane. For the latest deals and incentives on new vehicles, check out kbb.com. NAPS

## Grapevine Want Ads

**VOLUNTEERS WANTED** for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitation Valley area. Interested persons contact Dee Smith, VVCC After School coordinator, (415) 585-2059.

**A LITTLE GOES A LONG WAY.** The John McLaren Child Development Center seeks in-kind donations for our newly-created lending library: children's books and magazines, small children's furniture, writing and/or art supplies, educational/cultural games or posters. Thank you in advance for your kindness and generosity! Please send all donations to: John McLaren Child Development Center, 2055 Sunnydale Ave., San Francisco, CA 94134. Call 469-4519 if you would like for us to pick-up any materials. **GRAPEVINE 15TH ANNIVERSARY ISSUE** featuring a 10-page history of Visitation Valley is still available in limited amount. Contact the Grapevine at 467-9300. By mail, single copies are \$1 each. Send to: Visitation Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134. **GRAPEVINE DISPLAY ADVERTISING** now half off regular rates for a limited time. Full Page: \$75; 1/2 Page \$40; 1/4 Page \$22.50; 1/8 Page \$12.50; 1/12 Page \$7.50. Discount for three or more insertions. Call (415) 467-9300 for more details. **Want Ads:** 20 words for \$1. Extra line 50 cents. Ad and payment should be received by 15th of prior month at Visitation Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

### San Francisco City Services

ABANDONED CARS 781-JUNK  
 ANIMAL CONTROL 554-6364  
 BUS SHELTER DAMAGE 882-4949  
 CITY TREES (trimming) 695-2162  
 CRIME-STOPPERS (anonymous) 1-800-2GIVEINFO  
 DOMESTIC/FAMILY VIOLENCE 864-4722  
 DPW... (days) 695-2017, (nights/weekends) 895-2020  
 EMERGENCY SERVICES 9-1-1  
 EMERGENCY SERVICES (cell-phone) 553-8090  
 GARBAGE SERVICE COMPLAINTS 255-3610  
 GRAFFITI CLEANUP (DPW) 241-WASH  
 GRAFFITI SUSPECT INFO 563-1603  
 INQUEST STATION (Anonymous 333-3433) 563-1603

LELAND AVENUE RESOURCE CENTER 585-2675  
 MAYOR'S OFFICE 554-7111  
 MAYOR'S NEIGHBORHOOD SERVICES 554-6110  
 NARCOTICS TIP LINE (anonymous) 1-800-CRACKIT  
 PARKING AND TRAFFIC PROBLEMS (DPT) 563-1200  
 POLICE (non-emergency) 553-0123  
 POTHOLE REPAIR 695-2100  
 SAFE (neighborhood watch groups) 673-SAFE  
 STREET LIGHTING CITY (out of order) 554-0730  
 STREET LIGHTING PG&E (woodpoles) 693-3201  
 SUNNYDALE RESOURCE CENTER 586-7572  
 TRAFFIC SIGNALS (out of order) 550-2736  
 TRAFFIC ENGINEERING 554-2300  
 WMS ANONYMOUS HOTLINE 281-8406

### San Francisco City Meetings

Aging 1st Wed 9:30a, Airport 1st/3rd Tu 3p, Arts 1st Mon 3p, Education 2nd/4th Tu 7p, Health 1st/3rd Tu 3p, Housing Auth 2nd/4th Th 4p, Human Rights 1st/3rd Th 4:30p, Library 1st Tu 5:30p, Planning Th 1:30p, Police Wed 5:30p, Port 1st Tu/3rd Wed 4:30p, Public Utilities 2nd/4th Tu 2p, Rec & Park 3rd Th 2p, Social Services 4th Th 9a, Status Women 4th Th 4p, Supervisors Mon 2p  
**Visitation Valley Community Center**  
**Mondays:** Senior Shopping 11:30 a.m., Tuesdays Senior Ceramics 9:30 a.m.-4 p.m. Senior Bingo 12:30 p.m., **Thursdays:** Sewing Class 9 a.m.-3 p.m.  
**VVCC Regular Board Meeting** is held on the 4th Thursday of each month at 5 p.m.

## MUNI LIGHT RAIL IS COMING OUR WAY!

Visitation Valley Jobs, Education and Training programs will be conducting workshops on how to get into one of 26 building trade apprenticeship programs. For information on enrolling in one of these state-approved and paid training programs, contact Ann Williams for orientation and intake dates at VVJET, (415) 239-2866.

## Visitation Valley Business Directory

Valley business and organization free listings in the 415 area code. Call the Grapevine at (415) 467-9300.

**AQUARIUMS**  
**ASIAN/OISCUS AQUARIUM**, 130 Leland Ave., 333-0772  
**AUTOMOTIVE**  
**BAYSHORE AUTO**, 2260 Bayshore Blvd., 467-6130  
**BAYSHORE SERVICE** (mechanic) 2596 Bayshore Blvd., 239-5239  
**CHARLIE'S GARAGE**, 2550 Bayshore Blvd., 239-7450  
**T.W. AUTOMOTIVE** (mechanic), 2500 Bayshore Blvd., 585-8281  
**VALLEY AUTO & TRUCK SUPPLY** (Bill Conle), 2520 Bayshore Blvd., 239-5880  
**BANK**  
**BANK OF AMERICA**, 6 Leland Ave., 622-4501  
**BAKERS**  
**CUNEO BAKERY**, 96 Leland Ave., 239-6090  
**LITTLE QUIAPO BAKE SHOP**, 169 Leland Ave., 239-2253  
**BARBERS**  
**OeMAS'S BARBER SHOP**, 35 Leland Ave.  
**THE SHOP** (JB), 178 Leland Ave., 239-6709  
**BEAUTICIANS**  
**ANGEL COIFFURES**, 5 Leland Ave., 239-9891  
**BODY, SOUL & SPIRIT**, 222 Leland Ave., 333-7261  
**MAYMAY BEAUTY SALON**, 60 Leland Ave., 337-9381  
**MIZ RENA'S SALON**, 19 Blanken Ave., 467-3399  
**NAILS BY JENNY**, 50 Leland Ave., 333-6800  
**WHO'S BADD**, 224 Leland Ave., 657-3156  
**BLIND CLEANING**  
**SPEEOY ULTRASONIC BLIND CLEANING** (commercial and residential), 1116 Girard St., 467-7506  
**BOARDING HOUSE**  
**ABLE'S CASA**, 850 Rutland St., 333-4664, fax 333-4693  
**BOOKKEEPERS**  
**AMY ARAGON PROFESSIONAL BOOKKEEPER**, 467-8927  
**VERNA WALLACE E.A.**, 2320 Bayshore Blvd., 239-5333  
**CARPETS**  
**HANSAN INTERIORS**, 41 Leland Ave., 333-6382  
**CASKETS**  
**CASKETORIUM, INC.**, 93 Leland Ave., 585-3451

**CHURCHES**  
**CHURCH OF THE VISITACION**, 655 Sunnydale Ave., 239-5950  
**IGLESIA EL ESPIRITU SANTO**, 38 Leland Ave.  
**KOREAN FIRST PRESBYTERIAN CHURCH**, 333 Tunnel Ave., 468-1213  
**RIDGE VIEW UNITED METHODIST CHURCH**, 590 Leland Ave., 239-5457  
**ST. JAMES PRESBYTERIAN CHURCH**, 240 Leland Ave., 586-6381  
**VALLEY BAPTIST CHURCH**, 305 Raymond Ave., 467-6055  
**VISITACION CHINESE BAPTIST CHURCH**, 8 Desmond St., 333-4503  
**CLOTHING**  
**SPONA**, 9 Leland Ave., 239-9631  
**COFFEE**  
**HAPPY OONUT**, 2600 Bayshore Blvd., 469-5309  
**PICCOLO PETE'S EUROPEAN COFFEE**, 2155 Bayshore Blvd., 467-2442  
**CONCESSIONS**  
**SEAN'S REFRESHMENTS**, 138 Rutland St.  
**DAY CARE**  
**CAROUSEL DAY CARE**, 261 Hahn St., 469-5353  
**DENTIST**  
**VISITACION VALLEY DENTAL OFFICE** (Albert Kuan, DDS), 37 Leland Ave., 239-5500  
**DEVELOPERS**  
**GENEVA VALLEY DEVELOPMENT CORP.**, 333 Schwenn St., 587-7895  
**ELECTRICAL**  
**TATE ELECTRIC** (Joel Tate), 467-4657  
**FLORISTS**  
**IL FIORE FLOWERS**, 2466 San Bruno Ave., 468-0145  
**GARDEN ORNAMENTS**  
**SILVESTRI GARDEN ORNAMENTS**, 2635 Bayshore Blvd., 239-5990  
**GROCERS**  
**E-Z STOP MARKET**, 2203 Geneva Ave., 585-9240  
**FIVE MILE MARKET**, 3574 San Bruno Ave., 467-7300

**K.C. MARKET**, 400 Wilde St., 467-3024  
**LITTLE VILLAGE MARKET**, 1450 Sunnydale Ave., 586-1815  
**M & M SHORTSTOP**, 2145 Geneva Ave., 585-0878  
**PICCOLO PETE**, 2155 Bayshore Blvd., 468-6800  
**SARI-SARI FOOD STORE**, 58 Leland Ave., 239-0580  
 7-11, 2200 Bayshore Blvd., 468-8646  
**SHUN LEE MARKET**, 2400 Bayshore Blvd., 586-4851  
**SMITTY'S MARKET**, 2610 Bayshore Blvd., 239-5506  
**SUPER FAIR MARKET**, 201 Leland Ave., 239-6856  
**TEDDY'S MARKET**, 298 Teddy Ave.  
**VALLEY SUPER MARKET**, 65 Leland Ave., 239-7520  
**HERBS**  
**SAN ON HERBS**, 33-A Leland Ave., 333-7469  
**HYPNOTHERAPY**  
**VALERIE HABEGGER-HYPNOTHERAPY**, 371 Teddy Ave., 468-5631  
**INSURANCE**  
**ROBERT LEHMAN, CLTC, CMFC**, 333-0850  
**KITCHEN CABINETS**  
**LEE CHANG INTERNATIONAL, INC.**, 25 Leland Ave., 333-2730, fax 333-1706  
**LAUNDRY/CLEANERS**  
**BAY WASH**, 44 Leland Ave.  
**CITY WASH INTERNATIONAL**, 83 Leland Ave., 333-9467  
**COIN WASH & ORY LAUNDRY**, 186 Leland Ave.  
**FORTY-NINER CLEANERS** (David Chan), 51 Leland Ave., 239-6418  
**LELAND AVENUE CLEANERS**, 151 Leland Ave., 586-1412  
**VALLEY LAUNDRY**, 90 Leland Ave.  
**VISITACION VALLEY LAUNDRY**, 108 Leland Ave., 239-9030  
**LEARNING**  
**3-N-1 LEARNING ACADEMY**, 240 Leland Ave., 584-8555  
**VISITACION VALLEY COMMUNITY BEACON CENTER**, 450 Raymond Ave., 452-4907

**VISITACION VALLEY FAMILY SCHOOL**, 325 Leland Ave., 585-9320  
**LIBRARY**  
**VISITACION VALLEY BRANCH**, 45 Leland Ave., 239-5270  
**LODGING**  
**THRIFLOOGE**, 2011 Bayshore Blvd., 467-8811  
**MANUFACTURER**  
**NATIONWIDE PAPER**, 345 Schwerin St., 586-9160  
**MEDICAL**  
**AMERICAN REO CROSS, BAY AREA CHAPTER**, 1704 Sunnydale Ave., 584-3520  
**HAWKINS VILLAGE MEDICAL CLINIC** (Dept. of Public Health), 333 Schwenn St., Appointments: 715-0310  
**DR. SAM HO, MD**, 9 Siltman St., No. 4, 337-6135  
**NORTH EAST MEDICAL SERVICES, LELAND AVENUE**, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)  
**PORTOLA FOOT & ANKLE CLINIC** (Dr. Dnyang Patel), 2858 San Bruno Ave., 467-7500  
**NOTARY**  
**ROYAL PACIFIC MORTGAGE & REALTY**, 46 Leland Ave., 333-4900  
**ORGANIZATIONS**  
**ASIAN PACIFIC AMERICAN COMMUNITY CENTER**, 2442 Bayshore Blvd., 587-2689  
**GENEVA TERRACE PROPERTY OWNERS ASSOCIATION**, 60 Burr Ave., 584-2700  
**GIRLS AFTER SCHOOL ACADEMY**, 2050 Sunnydale Ave., 333 Schwenn St., 584-4044  
**JOHN KING SENIOR COMMUNITY**, 500 Raymond Ave., 239-6233  
**LELAND HOUSE**, 141 Leland Ave., 406-2000  
**VISITACION VALLEY SENIOR CENTER**, 66 Raymond Ave., 467-4499  
**PHARMACY**  
**VISITACION VALLEY PHARMACY**, 100 Leland Ave., 239-5811

**PHOTOGRAPHER**  
**WALTER CORBIN PHOTOGRAPHY** (freelance), 435 Sawyer St., 587-9471 fax 337-8620  
**PLUMBING**  
**MARK VOELKER PLUMBING**, 99 Arleta Ave., 467-7401  
**POST OFFICE**  
**VISITACION USPO**, 68 Leland Ave., (800) 275-8777  
**REAL ESTATE**  
**Cathy Kline Saunders**, (Zephyr Real Estate), 215 West Portal Ave., 731-5011 ex. 163  
**RESTAURANTS**  
**CLIFF'S BAR-B-Q & SEAFOOD**, 2177 Bayshore Blvd., 330-0736, fax 330-9813  
**G & L BAKERY & RESTAURANT**, 198 Leland Ave., 239-6283  
**HONG YUN RESTAURANT**, 73 Leland Ave., 469-5686  
**SUNFAI RESTAURANT**, 30 Leland Ave., 587-2763  
**LUAN FAT BAKERY**, 110 Leland Ave., 585-1167  
**RUSSIA HOUSE**, 2011 Bayshore Blvd., 467-0252  
**SHIREL'S SOUL FOOD**, 107 Leland Ave., 239-5141  
**TWO JACK'S RESTAURANT** (seafood and burgers), 167 Leland Ave., 337-0433  
**SELF-DEVELOPMENT**  
**DYNAMIC DEVELOPMENTS** (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist), 467-7608  
**SERVICE PROVIDERS**  
**THE VILLAGE**, 333 Schwenn St., 239-5045  
**VISITACION VALLEY BILINGUAL EDUCATION SUPPORTIVE SERVICES & TRAINING (VVBEST)**, 120 Leland Ave., 586-7347  
**VISITACION VALLEY COMMUNITY CENTER (VVCC)**, 50 Raymond Ave., 467-6400  
**VVCC CHILDREN'S PROGRAM**, 161 Leland Ave., 586-8998, fax 586-8027  
**VISITACION VALLEY JOBS EDUCATION AND TRAINING (VVJET)**, 333 Schwenn St., 239-2866  
**SIGNS**  
**SMITH'S SIGNS**, 153 Leland Ave., 333-2700  
**TAVERN**  
**THE CLUB HOUSE**, 25 Blanken Ave.  
**VIDEO**  
**SIN FUNG VIDEO**, 144 Leland Ave., 586-1038



## Just Where Rain Comes From and Where It Goes

A new NASA computer model can now tell exactly where in the world rain or snow originated. Scientists can use this "water vapor tracer" to improve rainfall and drought forecasts and gain a deeper understanding of climate change.

The model simulates water movement in the atmosphere around the world, and traces it from the places where it evaporates to the places where it falls back to Earth.

"If I see rain or snow in the central U.S., I can now tell you how much of the moisture came from the Gulf of Mexico, how much came from the tropical Atlantic Ocean and so on," said meteorologist Mike Bosilovich of NASA's Data Assimilation Office at Goddard Space Flight Center in Greenbelt, Md. "The model gives us a much clearer picture of how water moves in the atmosphere than we have ever had before."

By identifying water vapor movement in the atmosphere, weather forecasters will better understand how evaporation from a particular place contributes to local and regional precipitation, leading to more accurate weather forecasts.

"You might visualize each region of a continent or ocean as having a kind of smokestack," Bosilovich explained. "Each smokestack sends up a plume of water vapor that mixes with the air."

What complicates matters is that these smokestacks send up different-sized plumes of moisture at different times, and changes in wind and temperature can push them in different directions, depending on the day or season. Until very recently, even the fastest computers had trouble keeping track of all the variables.

The NASA model can actually pinpoint individual regional sources of atmospheric moisture, rather than combining them. According to Bosilovich, if scientists can understand how geographic sources of atmospheric moisture fluctuate from year to year, they also will have a clearer picture of how climate changes in the long term.

To learn more, visit the Web site at <http://earthobservatory.nasa.gov>.

## Exhibition Celebrates Civil Rights Activists

From Page 1

\*Jon Promer, winner of 12 Northern California Emmys and one National Emmy and a producer for KQED Television.

\*Matt Heron, a photojournalist & director/proprietor of TAKE STOCK: Images of Change.

\*Philip Hutchings, an independent consultant dedicated to building an equitable multiracial, multicultural and multilingual society.

\*Yun Kochiyama, who works in support of political prisoners.

\*Carlos Munoz, Professor Emeritus in UC Berkeley's Department of Ethnic Studies.

\*Willie B. Wazir Peacock, with Stepping Stone Growth Center.

\*Eleanor Walden, who helped found the Freedom Song Network and today works as a health advocate for seniors.

\*Cecil B. Williams, pastor of Glide Memorial United Methodist Church in San Francisco.

The Feb. 1 program, beginning at 2:00 p.m. in S.F. Main Library's Koret Auditorium, includes a 20-minute video highlighting the project, and will be followed by a reception and exhibition viewing in the Skylight Gallery. The exhibition includes historical photographs, contemporary photographic portraits, quotes, an interactive DVD, archival materials, a 20-minute video and a graphic timeline developed in collaboration with the Schomburg Center for Research in Black Culture.

Following its showing at the S.F. Public Library, The Long Walk to Freedom will travel to other venues including One Market Street in San Francisco from June 7 to July 26 and The African American Museum and Library in Oakland from September 2003 to January 2004. All programs at the San Francisco Public Library are free and open to the public.

The Long Walk to Freedom was organized by Community Works and is sponsored by the California Arts Council, The National Endowment for the Arts, The Friends & Foundation of the San Francisco Public Library, The Walter and Elise Haas Fund and The Sam and Mary Mills Fund. For more information, please call (415) 557-4277.

## Nuclear Warheads Get Turned into Electricity

What's one unexpected result of the Cold War? Electricity. Some Russian Cold War relics are making a major contribution to heating and powering American homes.

A unique program called "Megatons to Megawatts" is a 20-year, \$8 billion initiative that's converting bomb-grade uranium from dismantled Russian nuclear weapons into power-plant fuel.

In Russia, the bomb-grade uranium is diluted into safe power plant fuel, which can no longer be used in weapons. Then, this fuel is purchased by USEC Inc., an executive agent of the U.S. government, which sells the fuel to electric power plants across America.

Since the program's inception in 1993, Russian bomb-grade uranium capable of making more than 6,000 nuclear warheads has been converted to fuel.

That's enough fuel to power a city the size of Boston or Seattle for about 230 years.

The uranium in 6,000 warheads contains the energy equivalent of

\*3 billion barrels of oil (3,000 supertankers), or

\*900 million tons of coal (9 million coal cars), or

\*18 trillion cubic feet of natural gas

## Some Important Facts Everyone Should Know

Life insurance. Chances are you know you need it, but you have concerns about whether you can afford it. The price you pay for life insurance depends on your age, health, and lifestyle, but there are ways to lower your insurance premiums, even if you fall into a higher-risk category.

Following are some simple suggestions from Insurance.com, an affiliate of Fidelity Investments.

1. Check out the rates. Premiums can vary greatly based on the term length and the amount of coverage you need. Avoiding the hassle of contacting each insurance company separately, Insurance.com makes it easy to shop for life insurance. The site allows you to receive free competitive quotes from leading carriers across the country. The process involves a few basic questions

(enough to meet the needs of all U.S. homes for more than three years).

By the time the program ends in 2013, bomb-grade material for 20,000 nuclear warheads will have been totally eliminated.

The program is completely funded by USEC, which has paid the Russians more than \$2.5 billion to date for the uranium fuel. No taxpayer funds are required.

USEC used to be part of the U.S. government, but was privatized in 1998. Today, it's the world's leading supplier of enriched uranium fuel for commercial nuclear power plants.

Experts consider the Megatons to Megawatts program a "win-win" idea; it helps eliminate stores of weapons-grade uranium, which is actively being sought by terrorist groups and nations seeking weapons of mass destruction. At the same time, the program converts the warhead material into a valuable resource: fuel used to light and power America from coast to coast.

This is a unique example of how the private sector helps advance national and world security.

For more information, visit [www.usec.com](http://www.usec.com).

## Nasal Symptoms Triggers Present All Year Long

The findings of a recent survey are nothing to sneeze at. Despite the fact that millions of Americans suffer from allergy-like symptoms year-round, most only treat their conditions during allergy "season." That's a mistake, say health care providers, because nasal symptoms may be caused by irritants such as smoke, strong odors, change of weather and indoor allergens such as house dust mites, mold and animal dander. These "triggers" may bother people no matter what time of year it is.

Year-round nasal symptoms may be caused by a condition known as perennial nonallergic rhinitis (PNAR). According to the Journal of Managed Care Supplement, an estimated 35 million patients suffer from this condition.

PNAR may be difficult to distinguish from nasal allergies, making it harder to diagnose and treat. Health care providers say the signs and symptoms of PNAR to watch for include:

\*Onset and progression of nasal congestion, runny nose and postnasal drip without itching.

## About Life Insurance

may add value to your life insurance policy in certain situations, many such as accidental death and child coverage may simply be unnecessary expenses, depending on your personal circumstances. Paying lots of extra money to cover an event, if it's almost guaranteed not to happen to you, just doesn't make sense when you're trying to cut costs. Additionally, many riders simply provide duplicate coverage once your overall insurance needs are met.

5. Find out about hidden fees. You may not realize it, but your insurance could end up costing you more if you choose to make "convenient monthly payments" rather than paying the entire premium up front. Before you choose a payment plan, compare the single payment price to the total cost of the monthly payments. Do the math and decide whether the convenience is worthwhile.

\*Symptoms after irritant exposure  
\*Year-round occurrences of symptoms

An Allergy IQ survey found that most adults understand what can trigger their nasal symptoms (smoke, perfumes, pollution) but many do not seek treatment year-round for their PNAR.

In fact, according to the survey, only three in 10 knew that a nasal spray may effectively treat symptoms caused by strong odors. In addition, 55 percent did not know that a prescription nasal spray could treat symptoms caused by pollution and only 36 percent knew that it may effectively treat symptoms caused by weather changes.

FLONASE<sup>®</sup> (fluticasone propionate) Nasal Spray 50 mcg is the only leading prescription anti-inflammatory nasal spray proven to effectively treat the triggers of PNAR. For best results, FLONASE should be used daily. If side effects occur, they are generally mild and may include headache, nosebleed or sore throat.

"The high awareness of triggers, coupled with the low awareness of treatment options by nasal symptom sufferers, is surprising," says Dr. Jennifer Derebery, an otolaryngologist at the House Ear Clinic in Los Angeles, CA. "People should see their health care providers regularly—especially when they may not be able to avoid triggers. Prescription medicines, like FLONASE, can help treat their PNAR."

For more information about nasal symptoms and FLONASE, visit [www.flonase.com](http://www.flonase.com).

NAPS

**LITTLE HOLLYWOOD PARK  
FEBRUARY WORK PARTY**  
Friends of Little Hollywood  
will be conducting a  
work party to help renovate  
Little Hollywood Park  
on Lathrop Avenue on  
Saturday, February 3, 2003  
from 9 a.m. to 12 noon.

# United We Stand! / Estamos Unidos!



## VISITACION VALLEY FAMILY CENTER Can Assist You with the Following:

Childcare Referrals  
Job Search and Sesumes  
Social Service Referrals  
English Conversation  
Completion of Applications and Forms  
Resolving Problems with Public Agencies  
Support Groups  
*Come Visit Us!*

## EL CENTRO DE FAMILIAS DE VISITACION VALLEY Puede Ayudarle Con: Referencias De Childcare

Ayuda con Los Curriculum Vitae Y Buscar De Trabajo  
Referencias De Los Servicios Sociales  
Conversacion Ingles  
Ayuda Con Formas Y Aplicaciones  
Resolver Problemas Con Las Agencias Publicas  
Grupos De Ayuda  
*Visitemos En El Centro De Familias de Visitacion Valley*

## 訪谷區家庭服務中心可幫助你處理以下事項

- ❖ 托兒服務
- ❖ 尋找工作
- ❖ 社會公益援助
- ❖ 英語會話
- ❖ 填寫申請表格
- ❖ 解決有關社會機構問題
- ❖ 團體援助

歡迎親臨參觀本中心！

**(415) 586-6998**

Evening and Saturday  
Hours Coming Soon

**161 Leland Ave., San Francisco, CA 94134 Monday to Friday 9 a.m. to 4:30 p.m.**